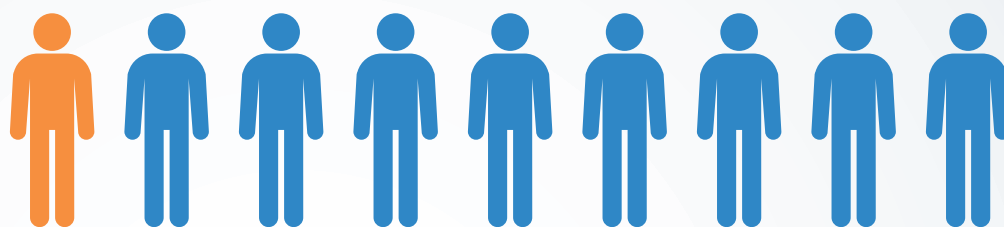
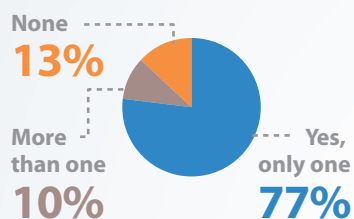


Howard County Health Assessment Survey

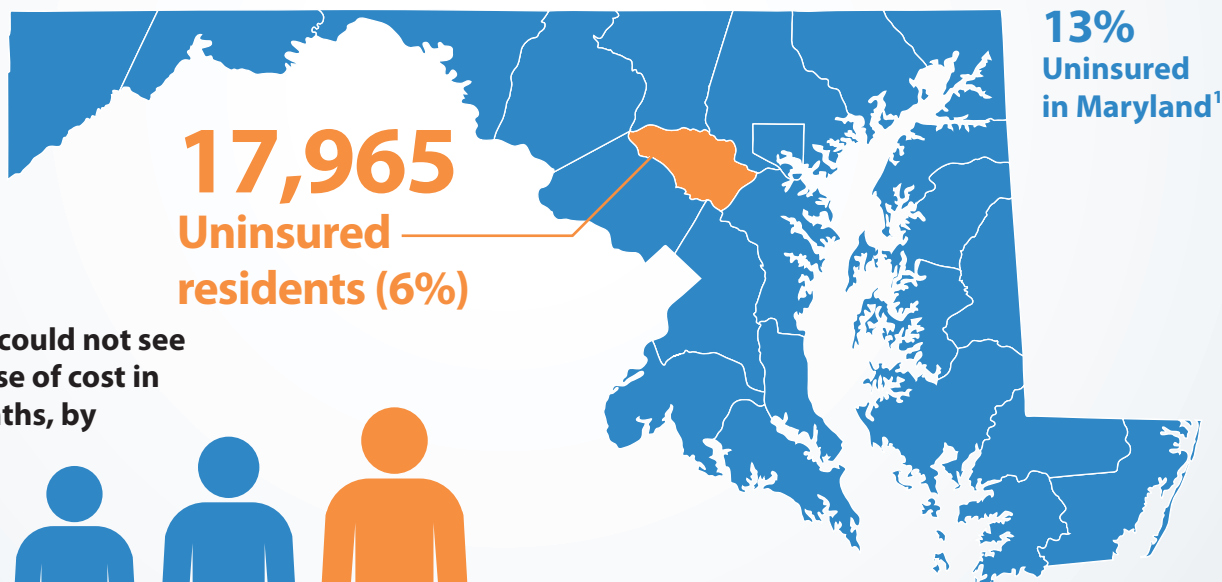
Access to Affordable Health Care

Access to affordable care improves quality of life and health outcomes. Without affordable access to a doctor, residents are more likely to end up in expensive emergency room care with problems that could have been prevented. Howard County has the lowest rate of uninsured residents in the state.¹ Yet there are differences in access to care when you compare by income, race and education. What are the most common barriers in Howard County?

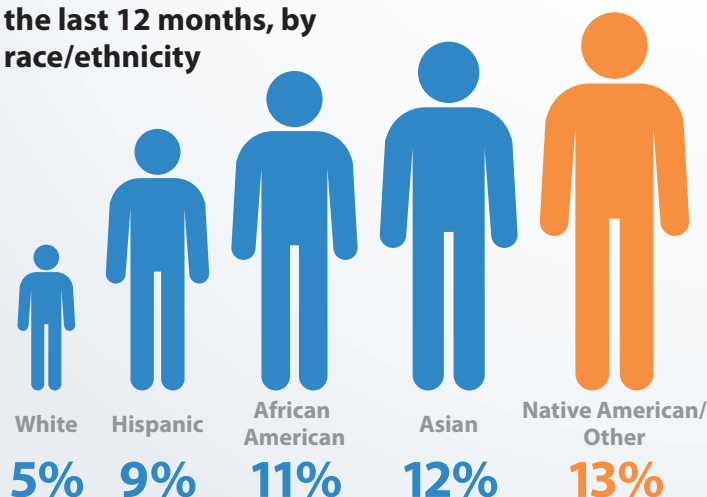
Do you have a doctor you regularly see?



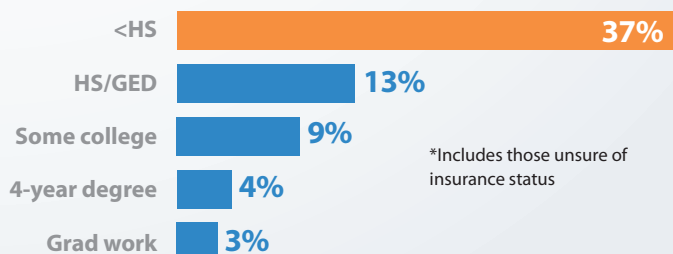
More can be done about uninsured residents



Residents who could not see a doctor because of cost in the last 12 months, by race/ethnicity



Uninsured* by education

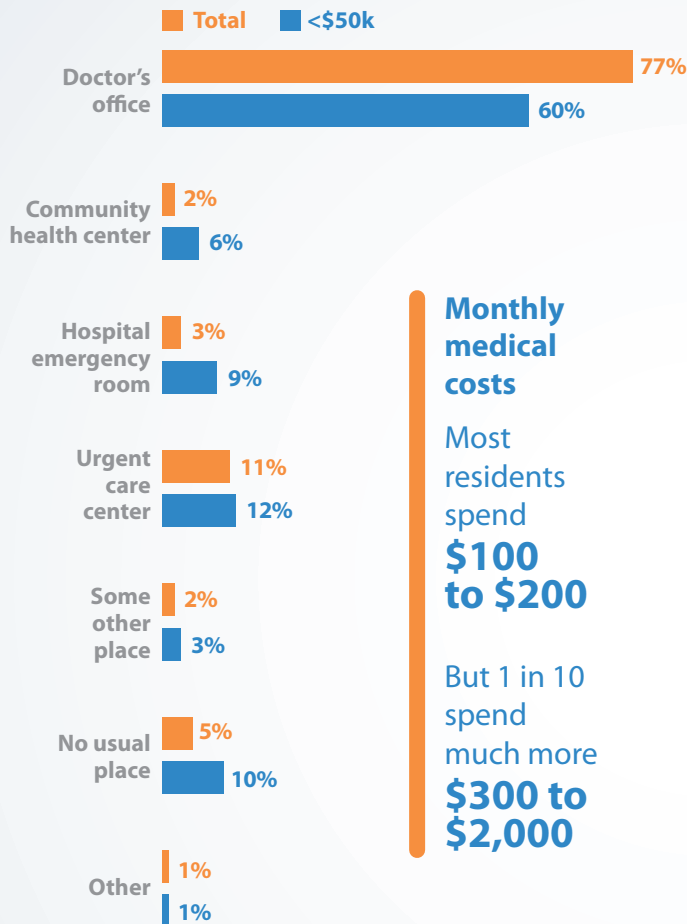


¹ County Health Rankings, Behavioral Risk Factor Surveillance System

Howard County Health Assessment Survey

Access to Affordable Health Care

Income plays a big role in the decision on where Howard County residents go for medical care.

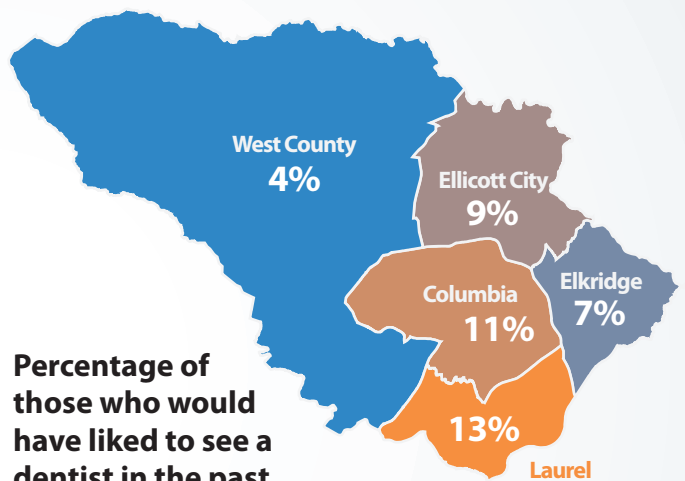
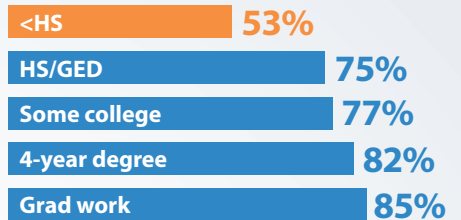


Monthly medical costs

Most residents spend **\$100 to \$200**

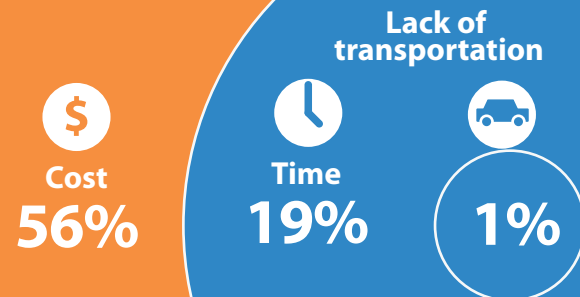
But 1 in 10 spend much more **\$300 to \$2,000**

Percentage of respondents who saw a dentist in the last year, by education level



Percentage of those who would have liked to see a dentist in the past year but didn't

Why didn't they see a dentist?



Visit Healthy Howard's Door to Health-Care (www.healthyhowardmd.org) to connect with local, affordable care options. For information on providers and the affordable care act, visit Maryland's Health Benefit Exchange (www.marylandhealthconnection.org) and HealthCare.gov.

Howard County Health Assessment Survey

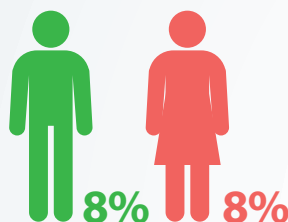
Mental Health and Addictions

People may turn to drugs, tobacco and alcohol to cope with stress and mental health problems, yet these habits can have a detrimental effect on overall wellbeing. How are Howard County residents doing in terms of stress, drinking, tobacco use and mental health?

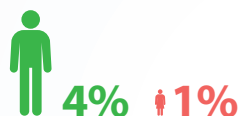


TOBACCO PRODUCTS

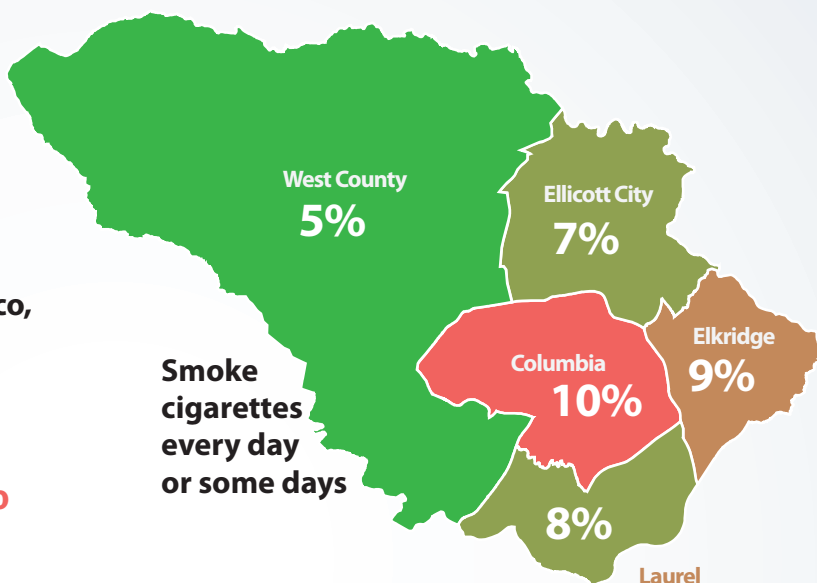
Smoking by gender



Chewing tobacco, snus or snuff



Smoke cigarettes every day or some days

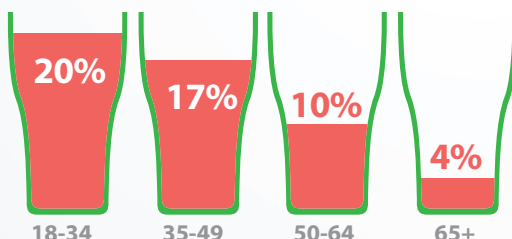


BINGE DRINKING

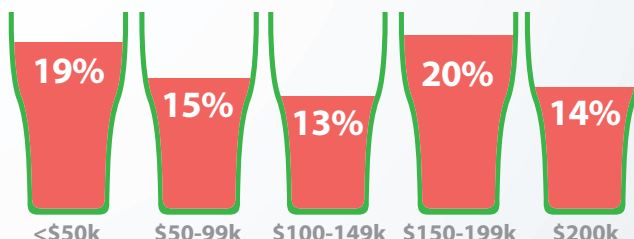
Those who report binge drinking* at least once in a month ...

*More than five drinks for men, four drinks for women

... by age



... by income



Need a reason to quit?

Smoking harms nearly every organ of your body, causing diseases and affecting overall health. Quitting has immediate as well as long-term benefits for you and loved ones.

How many drinks are okay?

The National Institutes of Health recommends no more than one drink per day for women and no more than two for men.

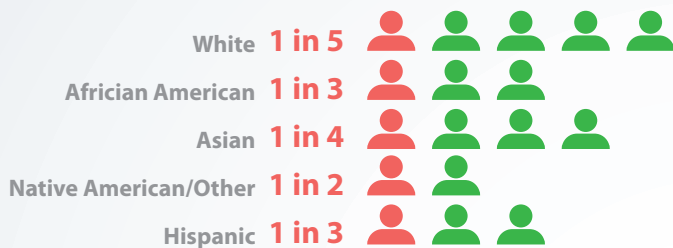
Howard County Health Assessment Survey

Mental Health and Addictions

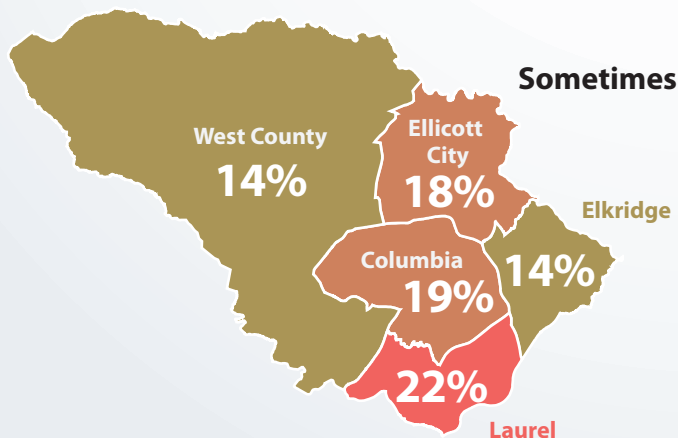
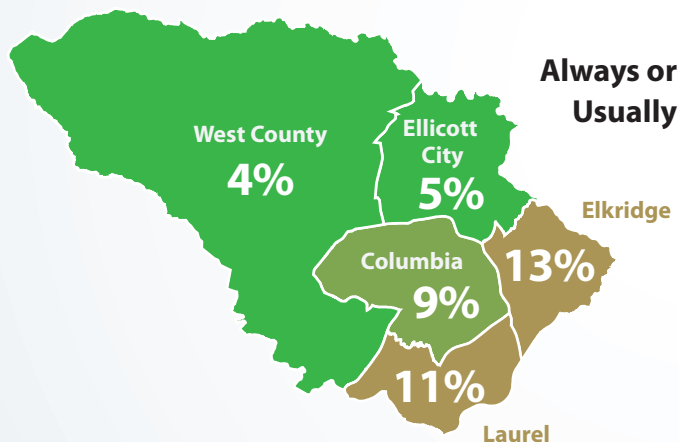


STRESS

Residents stressed about money for vital expenses, such as rent, mortgage, food*

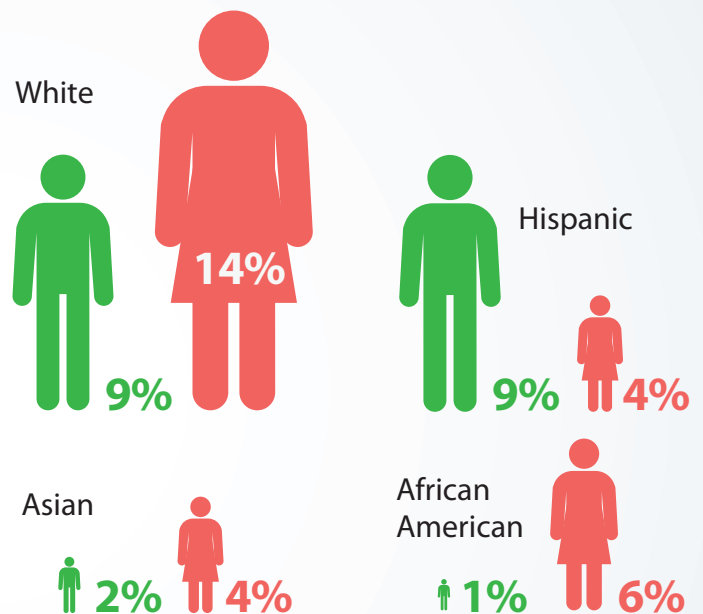


*Those who were sometimes, usually or always stressed about being able to pay for vital expenses (rent, mortgage or food) in the last year.

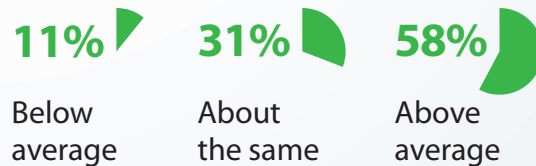


MENTAL HEALTH

Taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem



How do residents of Howard County compare to the nation in terms of mental health?



Healthy ways to cope with stress

Exercise regularly, connect socially and ask for support from friends, family or a counselor.

Howard County Health Assessment Survey

Chronic Diseases

In many ways, Howard County residents are in better health than in other areas of the state. Yet chronic diseases are still common in the county and a leading cause of premature death. A chronic disease is a long lasting condition that can be controlled but not cured. Unhealthy choices increase the odds of high blood pressure, heart disease, diabetes and cancer. Maintaining a healthy diet and weight are important lifestyle choices in reducing the risk of chronic diseases.

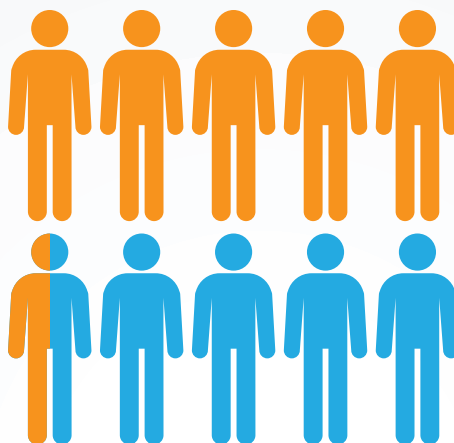
Have high blood pressure, by age group

Age 65+
59%

50-64
35%

35-49
17%

18-34
9%



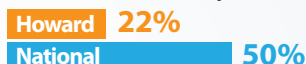
55% of deaths in the county are due to heart disease, stroke, diabetes or cancer — the same as the national average.¹

How residents with high blood pressure try to lower it

At least some college²



Households with an income under \$50k³



Considering the higher levels of education and income, it is surprising that health outcomes are not better.

Reducing alcohol

33%

Exercising
73%

80%

Changing eating habits or cutting down on salt

Keeping blood pressure in the normal range reduces risk of cardiovascular disease, congestive heart failure and kidney disease (Dietary Guidelines for Americans).

¹ DHMH, Vital Statistics; ² County Health Rankings; ³ American Community Survey 2011

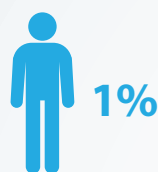
Howard County Health Assessment Survey

Chronic Diseases

Percentage of residents who have been told they have diabetes...

... by age

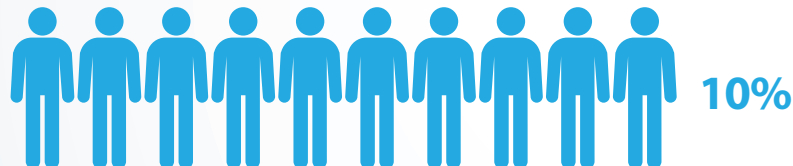
Years old
18-34



35-49



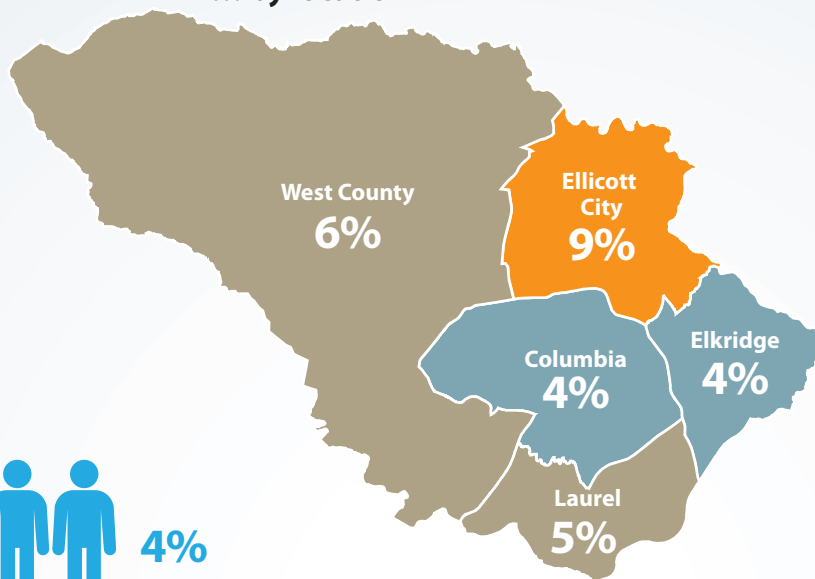
50-64



65+



... by location



... by race/ethnicity

Asian



White



Native American/Other



Hispanic



African American



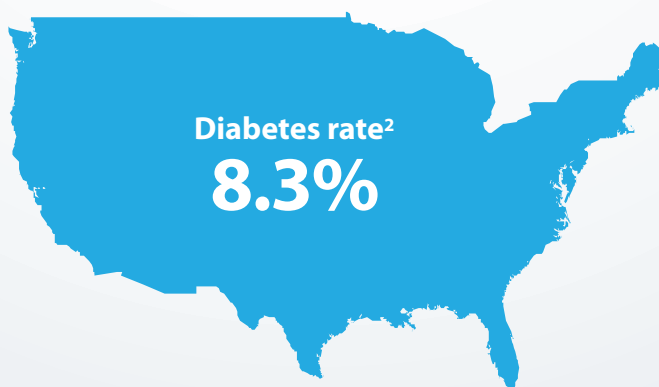
African Americans are four times less likely to have been diagnosed with diabetes than white residents and are three times more likely to make an ER visit for diabetes¹

Physical health compared to general U.S. population

15% Below average

30% About the same

55% Above average



Reduce your risk of Type 2 diabetes by choosing healthy foods, maintaining a healthy weight and exercising regularly.

¹ Maryland SHIP Howard Baseline Data; ² Behavioral Risk Factor Surveillance System, 2010

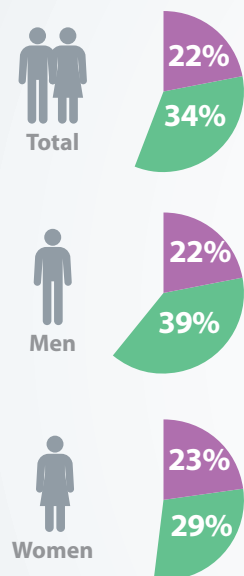
Howard County Health Assessment Survey

Healthy Weight, Exercise & Nutrition

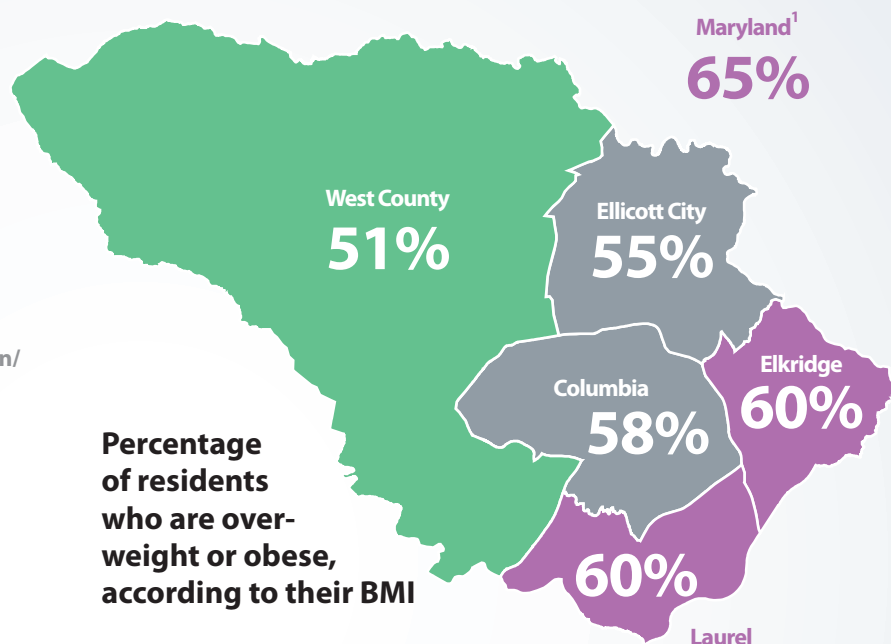
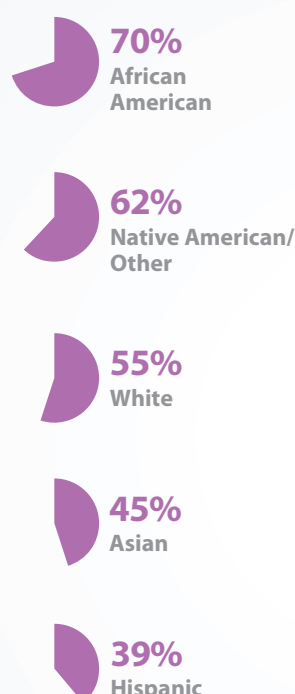
Every day we make choices about what to eat and how often to move our bodies. Inactivity and unhealthy foods and drinks may lead to being overweight or obese. How are Howard County residents' eating and exercise habits measuring up?

Weight by gender

■ Obese
■ Overweight



Overweight/obese by race



Percentage of residents who are overweight or obese, according to their BMI

Body Mass Index (BMI) is calculated using a person's weight and height. For most, BMI is a reliable indicator of body fatness.

The CDC recommends that children and adolescents get an hour or more of exercise each day.

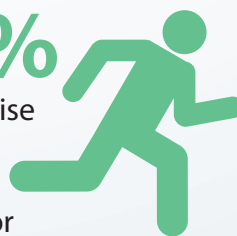
Adults need at least 2 hours and 30 minutes of weekly medium-intensity exercise (such as water aerobics or light gardening) OR 1 hour and 15 minutes of weekly high-intensity exercise (such as jogging or jumping rope).

35% Advised to lose weight

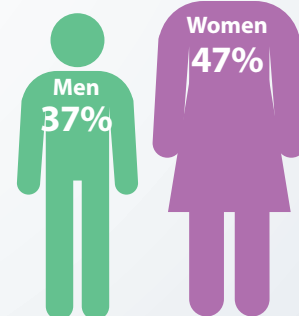
10% Parents who have been told their child should lose weight by a doctor

88%

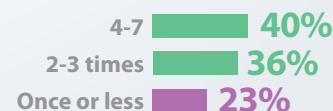
Got exercise such as walking, running or swimming in the last month



Trying to lose weight



Days of exercise in a week

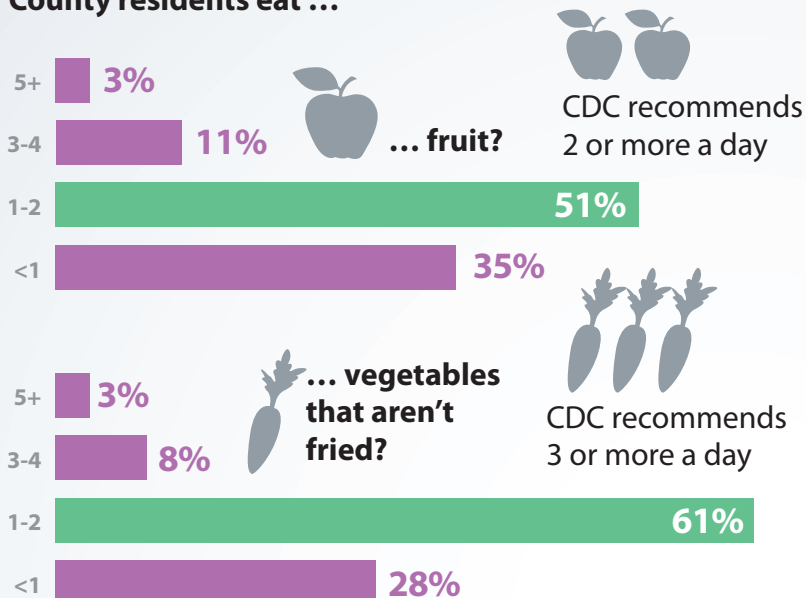


¹ Behavioral Risk Factor Surveillance System, 2010

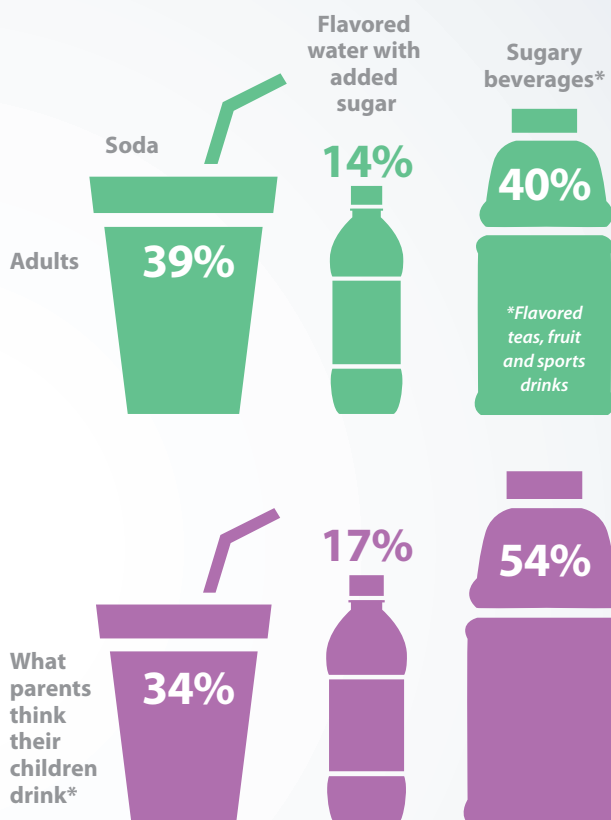
Howard County Health Assessment Survey

Healthy Weight, Exercise & Nutrition

How often each day do Howard County residents eat ...



How many residents drink at least one non-diet soda, flavored water with added sugar or sugary beverage per week?



*Other studies indicate kids drink more than parents think they do.

Who isn't getting enough fruits and vegetables?

54% of those earning less than \$50,000 are getting less than one serving of fruit/day and ...

39% are eating less than one serving of vegetables daily.

African Americans, Asians and Native American/Other residents are more likely to report eating less than one serving of fruits and vegetables daily.

Sugary drinks are the largest source of added sugar in the American diet today. They are also the source of many extra calories that cause weight gain. Choosing healthier beverage options can help you achieve and maintain a healthy weight. See www.betterbevfinder.org for a list of healthy beverage choices for you and your family.

Howard County Health Assessment Survey

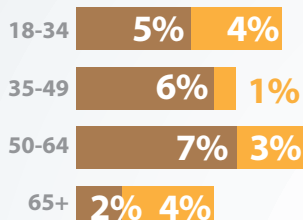
Tobacco Usage

Smoking is the single most preventable cause of disease and premature death, according to the CDC. How common is smoking and exposure to secondhand smoke in Howard County?

Smoking frequency by ...

Every day Some days

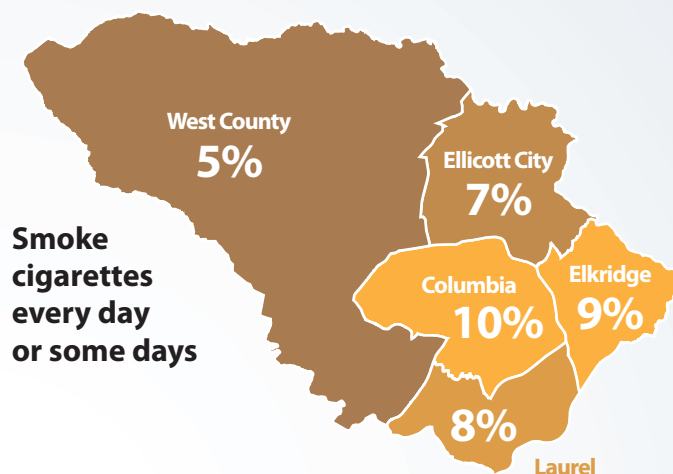
... Age



Adults who smoke

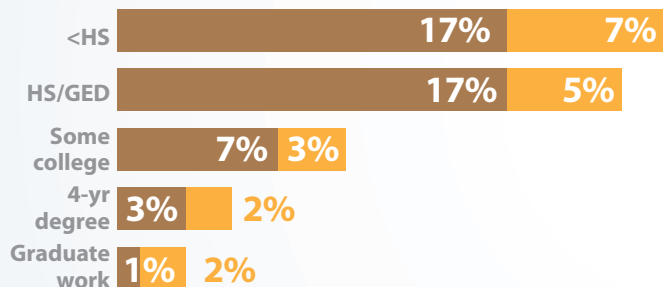
Howard County
1 in 13

Maryland¹
1 in 6



Smoke cigarettes every day or some days

... Education



Smoking by gender



Chewing tobacco, snus or snuff

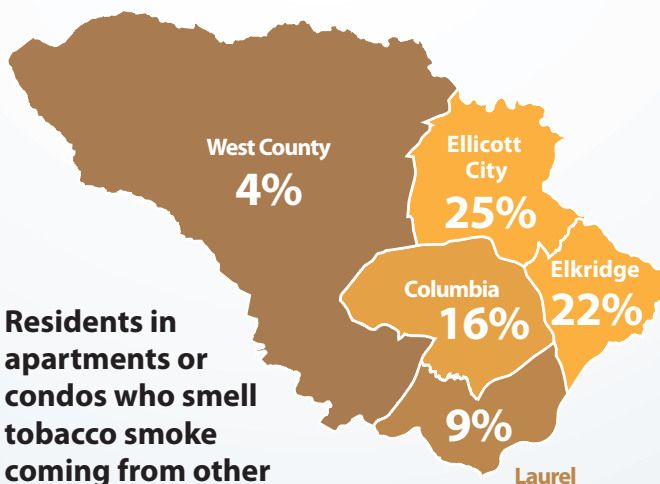


Secondhand smoke exposes children and other nonsmokers to harmful toxins.

Residents exposed to secondhand smoke from others

Home **1 in 33** Vehicle **1 in 20**

Residents in apartments or condos who smell tobacco smoke coming from other units or outside.



The Howard County Health Department offers free classes for those interested in quitting smoking. Call 410-313-6265 for more information.

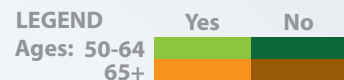
¹ Behavioral Risk Factor Surveillance System

For this survey, more than 2,000 Howard County residents answered questions about diet, health histories, access to care and health behaviors in 2012. These key facts will be used to meet health needs and improve the quality of life in Howard County.

Howard County Health Assessment Survey

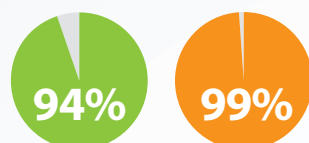
Health and Aging in Howard County

The population of older adults is growing, and this group is at high risk for developing chronic disease. How are older adults in Howard County doing in terms of access to care, chronic diseases and healthy lifestyles?

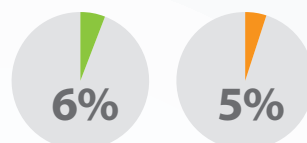


ACCESS TO AFFORDABLE HEALTH CARE

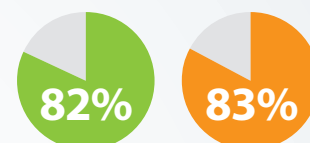
Have Health Care Coverage



Could not see a doctor in the past year due to cost



Goes to doctor's office when in need of medical attention



CHRONIC DISEASES

Ages: Have high blood pressure



Had a stroke



Have Diabetes Type II, excludes gestational



Have high cholesterol



Had cancer



Overweight BMI between 25.0-29.99



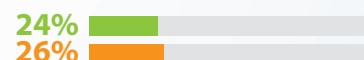
Have angina or coronary heart disease



Have COPD or other breathing condition



Obese BMI 30.0+



LIFESTYLE

Do not smoke

71%

93%

Smoke some days

9%

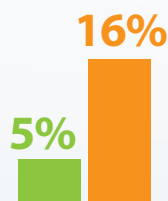
1%

Smoke every day

19%

6%

Have a health problem requiring the use of special equipment



The Columbia Association (www.columbiaassociation.org) offers programs and classes for older adults, with discounted membership rates for seniors (65+)

Note: Numbers may not equal 100 percent because of rounding

For this survey, more than 2,000 Howard County residents answered questions about diet, health histories, access to care and health behaviors in 2012. These key facts will be used to meet health needs and improve the quality of life in Howard County.